

# Pattern Definitions

All students, please be advised that these are the newly updated pattern definitions for all 30 patterns currently practiced in the GTF. These come into effect immediately and will be used in the February / March 2015 gradings.

All information regarding the background and reasons for the changes can be found in the book "**From Creation to Unification**" by Stuart Anslow. The changes have been taken directly from this book and though we have permission to use the revisions, all credit is given to the author.

All changes are highlighted in **bold italic print**

## Chon-Ji – 19 Movements

Chon-Ji means literally 'the Heaven, the Earth'. It is, in the orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. The pattern consists of two similar parts: one to represent the Heaven and the other the Earth.

## Dan-Gun – 21 Movements

Dan-Gun is named after the Holy Dan-Gun the legendary founder of Korea in the year 2333 B.C.

## Do-San – 24 Movements

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1878 - 1938) who devoted his entire life to furthering the education of Korea and its independence movement. The 24 movements represent **the age he rose to prominence as a leader of his countrymen**.

## Won-Hyo – 28 Movements

Won-Hyo was the noted monk who introduced Buddhism to the **common people of the** Silla Dynasty in the year **662 A.D.**

## Yul-Gok – 38 Movements

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucious of Korea". The 38 movements of this pattern refer to his birthplace on the 38 degree latitude and the diagram represents "scholar".

## Joong-Gun – 32 Movements

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated **Hiro-Bumi Ito**, the first Japanese **Resident-General** of Korea, known as the man who played the leading part in the Korea-Japan merger. **Ahn Joong-Gun was executed at Lui Shung prison in 1910 aged only 30 years old.**

## Toi-Gye – 37 Movements

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century), an authority on Neo-Confucianism. The 37 movements **represent the years that he was one of the most influential government figures of the Joseon Dynasty**, the diagram represents "scholar".

## Hwa-Rang – 29 Movements

Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

## Choong-Moo – 30 Movements

Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the **Joseon** Dynasty. **He is credited with improving what is reputed to have been** the first armoured battleship (Kobukson) in 1592, which is said to be the precursor to the modern day submarine. **The 30 movements of this pattern represent the number of ships Choon-Moo destroyed (out of a fleet of 333), with only 13 of his own ships, at the battle of Myeongnyang.** The reason this pattern ends in a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the king.

## GTF Patterns

### Jee-Sang – 24 Movements

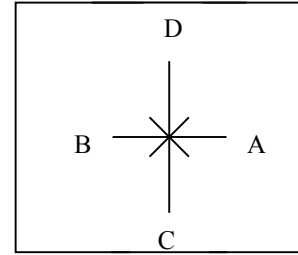
Jee-Sang means 'On Earth'. This pattern has 24 movements, which symbolize the hours of the day. The diagrams represents the four points of the compass North, South, East and West.

### Dhan-Goon – 23 Movements

Dhan-Goon was created after the Holy Dan-Gun the legendary founder of Korea in the year 2333 B.C. Dhan-Goon has 23 movements which stand for the first two digits of the year 2333 B.C.

# CHON-JI HYUNG

This pattern is performed at 9<sup>th</sup> Gup level.  
 Ready posture – Parallel ready stance  
 Narani junbi sogi

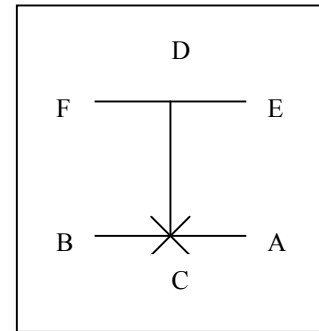


No.	Movement	Technique
1	To B (LB)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
2	To B (RB)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
3	To A (RA)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
4	To A (LA)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
5	To D (LD)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
6	To D (RD)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
7	To C (RC)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
8	To C (LC)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
9	To A (LA)	<b>L-stance middle inner forearm side block</b> Niunji so kaunde an palmok yop makgi
10	To A (RA)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
11	To B (RB)	<b>L-stance middle inner forearm side block</b> Niunji so kaunde an palmok yop makgi
12	To B (LB)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
13	To C (LC)	<b>L-stance middle inner forearm side block</b> Niunji so kaunde an palmok yop makgi
14	To C (RC)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
15	To D (RD)	<b>L-stance middle inner forearm side block</b> Niunji so kaunde an palmok yop makgi
16	To D (LD)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
17	To D (RD)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
18	To D (RC)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
19	To D (RC)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi

End – Bring the right foot back to the ready posture

## DAN-GUN HYUNG

This pattern is performed at 8<sup>th</sup> Gup level  
 Ready posture – Parallel ready stance  
 Narani junbi sogi



No.	Movement	Technique
1	To B (LB)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
2	To B (RB)	<b>Walking stance high obverse fore fist front punch</b> Gunnun so nopunde baro ap joomuk ap jirugi
3	To A (RA)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
4	To A (LA)	<b>Walking stance high obverse fore fist front punch</b> Gunnun so nopunde baro ap joomuk ap jirugi
5	To D (LD)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
6	To D (RD)	<b>Walking stance high obverse fore fist front punch</b> Gunnun so nopunde baro ap joomuk ap jirugi
7	To D (LD)	<b>Walking stance high obverse fore fist front punch</b> Gunnun so nopunde baro ap joomuk ap jirugi
8	To D (RD)	<b>Walking stance high obverse fore fist front punch</b> Gunnun so nopunde baro ap joomuk ap jirugi
9	To E (LE)	<b>L-stance twin forearm block</b> Niunji so sang palmok makgi
10	To E (RE)	<b>Walking stance high obverse fore fist front punch</b> Gunnun so nopunde baro ap joomuk ap jirugi
11	To F (RF)	<b>L-stance twin forearm block</b> Niunji so sang palmok makgi
12	To F (LF)	<b>Walking stance high obverse fore fist front punch</b> Gunnun so nopunde baro ap joomuk ap jirugi
13	To C (LC)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
14	To C	<b>Walking stance high outer forearm rising block</b> Gunnun so nopunde bakat palmok makgi
15	To C (RC)	<b>Walking stance high outer forearm rising block</b> Gunnun so nopunde bakat palmok makgi
16	To C (LC)	<b>Walking stance high outer forearm rising block</b> Gunnun so nopunde bakat palmok makgi
17	To C (RC)	<b>Walking stance high outer forearm rising block</b> Gunnun so nopunde bakat palmok makgi
18	To B (LB)	<b>L- stance middle reverse knife-hand side strike</b> Niunji so kaunde bandae sonkal yop taerigi

**19 To B (RB) Walking stance high obverse fore fist front punch**

Gunnun so nopunde baro ap joomuk ap jirugi

**20 To A (RA) L-stance middle reverse knife-hand side strike**

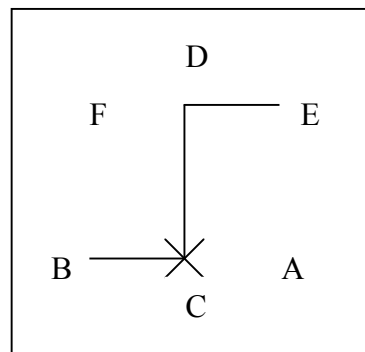
Niunji so kaunde bandae sonkal taerigi

**21 To A (LA) Walking stance high obverse fore fist front punch**

Gunnun so nopunde baro ap joomuk ap jirugi

**End – Bring the left foot back to the ready posture**

## DO-SAN HYUNG



This pattern is performed at 7<sup>th</sup> Gup level.  
 Ready posture – Parallel ready stance  
 Narani junbi sogi

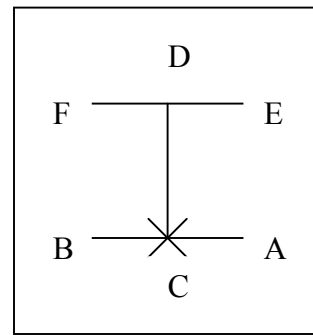
No.	Movement	Technique
1	To B (LB)	<b>Walking stance high obverse outer forearm side block</b> Gunnun so nopunde baro bakat palmok yop makgi
2	To B	<b>Walking stance middle reverse fore fist front punch</b> Gunnun so kaunde bandae ap joomuk ap jirugi
3	To A (RA)	<b>Walking stance high obverse outer forearm side block</b> Gunnun so nopunde baro bakat palmok yop makgi
4	To A	<b>Walking stance middle reverse fore fist front punch</b> Gunnun so kaunde bandae ap joomuk ap jirugi
5	To D (LD)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
6	To D (RD)	<b>Walking stance middle straight fingertip thrust</b> Gunnun so kaunde sun sonkut tulgi
7	To D	<b>Release from a grab</b> Jappyosul Tae
	To D (LD)	<b>Walking stance high obverse back fist side strike</b> Gunnun so nopunde baro dung joomuk yop taerigi
8	To D (RD)	<b>Walking stance high obverse back fist side strike</b> Gunnun so nopunde baro dung joomuk yop taerigi
9	To E (LE)	<b>Walking stance high obverse outer forearm side block</b> Gunnun so nopunde baro bakat palmok yop makgi
10	To E	<b>Walking stance middle reverse fore fist front punch</b> Gunnun so kaunde bandae ap joomuk ap jirugi
11	To F (RF)	<b>Walking stance high obverse outer forearm side block</b> Gunnun so nopunde baro bakat palmok yop makgi
12	To F	<b>Walking stance middle reverse fore fist front punch</b> Gunnun so kaunde bandae ap joomuk ap jirugi
13	To CA (LCA)	<b>Walking stance high outer forearm wedging block</b> Gunnun so nopunde bakat palmok hetchyo makgi
14	To CA (RCA)	<b>Middle front snap kick</b> Kaunde ap cha busigi
15	To CA (RCA)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
16	To CA	<b>Walking stance middle reverse fore fist front punch</b> Gunnun so kaunde bandae ap joomuk ap jirugi
17	To CB (RCB)	<b>Walking stance high outer forearm wedging block</b> Gunnun so nopunde bakat palmok hetchyo makgi
18	To CB (LCB)	<b>Middle front snap kick</b> Kaunde ap cha busigi
19	To CB (LCB)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
20	To CB	<b>Walking stance middle reverse fore fist front punch</b> Gunnun so kaunde bandae ap joomuk ap jirugi

- 21 To C (LC) **Walking stance high obverse outer forearm rising block**  
Gunnun so nopunde baro bakat palmok chookyo makgi
- 22 To C (RC) **Walking stance high obverse outer forearm rising block**  
Gunnun so nopunde baro bakat palmok chookyo makgi
- 23 To B (LC) **Sitting stance middle knife-hand side strike**  
Annun so kaunde sonkal yop taerigi
- 24 To A (L<sup>1</sup>R<sup>2</sup>A) **Sitting stance middle knife-hand side strike**  
Annun so kaunde sonkal yop taerigi

**End – Bring the right foot back to the ready posture**

## WON-HYO HYUNG

This pattern is performed at 6<sup>th</sup> Gup level  
 Ready posture – Closed ready stance A  
 Moa junbi sogi A



No.	Movement	Technique
1	To B (LB)	<b>L-stance twin forearm block</b> Niunji so sang palmok makgi
2	To B	<b>L-stance high obverse inward knife-hand strike</b> Niunji so nopunde baro annuro sonkal taerigi
3	To B (LB)	<b>Fixed stance middle obverse fore fist punch</b> Gojung so kaunde baro ap joomuk jirugi
4	To A (LRA)	<b>L-stance twin forearm block</b> Niunji so sang palmok makgi
5	To A	<b>L-stance high obverse inward knife-hand strike</b> Niunji so nopunde baro annuro sonkal taerigi
6	To A (RA)	<b>Fixed stance middle obverse fore fist punch</b> Gojung so kaunde baro ap joomuk jirugi
7	To D (RBLD)	<b>Bending ready stance A</b> Guburyo junbi sogi A
8	To D (LD)	<b>Middle side piercing kick</b> Kaunde yop cha jirugi
9	To D (LD)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
10	To D (RD)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
11	To D (LD)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
12	To D (RD)	<b>Walking stance middle straight fingertip thrust</b> Gunnun so kaunde sun sonkut tulgi
13	To E (LE)	<b>L-stance twin forearm block</b> Niunji so sang palmok makgi
14	To E	<b>L-stance high obverse inward knife-hand strike</b> Niunji so nopunde baro annuro sonkal taerigi
15	To E (LE)	<b>Fixed stance middle obverse fore fist punch</b> Gojung so kaunde baro ap joomuk jirugi
16	To F (LRF)	<b>L-stance twin forearm block</b> Niunji so sang palmok makgi
17	To F	<b>L-stance high obverse inward knife-hand strike</b> Niunji so nopunde baro annuro sonkal taerigi
18	To F (RF)	<b>Fixed stance middle obverse fore fist punch</b> Gojung so kaunde baro ap joomuk jirugi
19	To C (RELC)	<b>Walking stance middle inner forearm circular block</b> Gunnun so kaunde an palmok dolli myo makgi
20	To C (RC)	<b>Low front snap kick</b> Najunde ap cha busigi

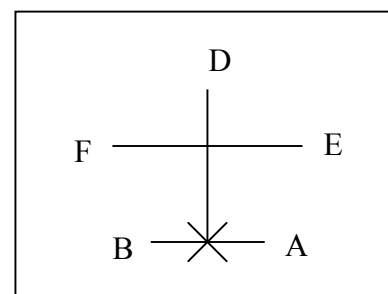


- 21 To C (RC) **Walking stance middle reverse fore fist front punch**  
Gunnun so kaunde bandae ap joomuk ap jirugi
- 22 To C **Walking stance middle inner forearm circular block**  
Gunnun so kaunde an palmok dolli myo makgi
- 23 To C (LC) **Low front snap kick**  
Najunde ap cha busigi
- 24 To C (LC) **Walking stance middle reverse fore fist front punch**  
Gunnun so kaunde bandae ap joomuk ap jirugi
- 25 To C (RC) **Bending ready stance A**  
Guburyo junbi sogi A
- 26 To C (RC) **Middle side piercing kick**  
Kaunde yop cha jirugi
- 27 To B (LB) **L-stance middle forearm guarding block**  
Niunji so kaunde palmok daebi makgi
- 28 To A (LRA) **L-stance middle forearm guarding block**  
Niunji so kaunde palmok daebi makgi

**End - Bring the right foot back to the ready posture**

## YUL-GOK HYUNG

This pattern is performed at 5<sup>th</sup> Gup level  
 Ready posture – Parallel ready stance  
 Narani junbi sogi



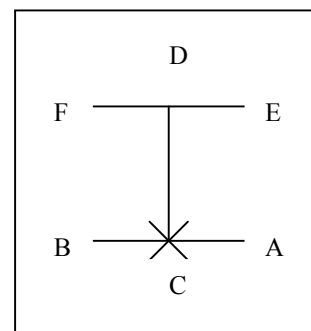
No.	Movement	Technique
1	To D (LB)	<b>Sitting stance (extending the left arm)</b> Annun sogi
2	To D	<b>Sitting stance middle fore fist front punch</b> Annun so kaunde ap joomuk ap jirugi
3	To D	<b>Sitting stance middle fore fist front punch</b> Annun so kaunde ap joomuk ap jirugi
4	To D (LRA)	<b>Sitting stance (extending the right arm)</b> Annun sogi
5	To D	<b>Sitting stance middle fore fist front punch</b> Annun so kaunde ap joomuk ap jirugi
6	To D	<b>Sitting stance middle fore fist front punch</b> Annun so kaunde ap joomuk ap jirugi
7	To DE (RDE)	<b>Walking stance middle obverse inner forearm block</b> Gunnun so kaunde baro an palmok makgi
8	To DE (LDE)	<b>Low front snap kick</b> Najunde ap cha busigi
9	To DE (LDE)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
10	To DE	<b>Walking stance middle reverse fore fist front punch</b> Gunnun so kaunde bandae ap joomuk ap jirugi
11	To DF (LDF)	<b>Walking stance middle obverse inner forearm block</b> Gunnun so kaunde baro an palmok makgi
12	To DF (RDF)	<b>Low front snap kick</b> Najunde ap cha busigi
13	To DF (RDF)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
14	To DF	<b>Walking stance middle reverse fore fist front punch</b> Gunnun so kaunde bandae ap joomuk ap jirugi
15	To D (RD)	<b>Walking stance middle obverse palm hooking block</b> Gunnun so kaunde baro sonbadak golcho makgi
16	To D	<b>Walking stance middle reverse palm hooking block</b> Gunnun so kaunde bandae sonbadak golcho makgi
17	To D	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
18	To D (LD)	<b>Walking stance middle obverse palm hooking block</b> Gunnun so kaunde baro sonbadak golcho makgi
19	To D	<b>Walking stance middle reverse palm hooking block</b> Gunnun so kaunde bandae sonbadak golcho makgi
20	To D	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
21	To D (RD)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi

- 22 To D (LD) **Bending ready stance A**  
Guburyo junbi sogi A
- 23 To D (LD) **Middle side piercing kick**  
Kaunde yop cha jirugi
- 24 To D (LD) **Walking stance middle reverse side front elbow strike**  
Gunnun so kaunde bandae yobap palkup taerigi
- 25 To C (RD) **Bending ready stance A**  
Guburyo junbi sogi A
- 26 To C (RC) **Middle side piercing kick**  
Kaunde yop cha jirugi
- 27 To C (RC) **Walking stance middle reverse side front elbow strike**  
Gunnun so kaunde bandae yobap palkup taerigi
- 28 To E (LE) **L-stance twin knife-hand block**  
Niunji so sang sonkal makgi
- 29 To E (RE) **Walking stance middle straight fingertip thrust**  
Gunnun so kaunde sun sonkut tulgi
- 30 To F (RF) **L-stance twin knife-hand block**  
Niunji so sang sonkal makgi
- 31 To F (LF) **Walking stance middle straight fingertip thrust**  
Gunnun so kaunde sun sonkut tulgi
- 32 To C (LC) **Walking stance obverse high outer forearm side block**  
Gunnun so baro nopunde bakat palmok yop makgi
- 33 To C **Walking stance middle reverse fore fist front punch**  
Gunnun so kaunde bandae ap joomuk ap jirugi
- 34 To C (RC) **Walking stance obverse high outer forearm side block**  
Gunnun so baro nopunde bakat palmok yop makgi
- 35 To C **Walking stance middle reverse fore fist front punch**  
Gunnun so kaunde bandae ap joomuk ap jirugi
- 36 To C (L<sup>1</sup>R<sup>2</sup>C) **X-stance high back fist side strike**  
Kyocha so nopunde dung joomuk yop taerigi
- 37 To A (RA) **Walking stance high double forearm block**  
Gunnun so nopunde doo palmok makgi
- 38 To B (RLB) **Walking stance high double forearm block**  
Gunnun so nopunde doo palmok makgi

**End – Bring the left foot back to the ready posture**

## JOONG-GUN HYUNG

This pattern is performed at 4<sup>th</sup> Gup level  
 Ready posture – Closed ready stance B  
 Moya junbi sogi B



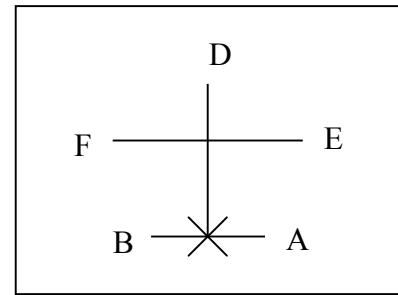
No.	Movement	Technique
1	To B (LB)	<b>L-stance middle reverse-knife-hand side block</b> Niunji so kaunde sonkal dung yop makgi
2	To B (LB)	<b>Middle side front snap kick</b> Kaunde yobap cha busigi
3	To B (LRB)	<b>Rear foot stance middle upward palm block</b> Dwitbal so kaunde ollyo sonbadak makgi
4	To A (RA)	<b>L-stance middle reverse-knife-hand side block</b> Niunji so kaunde sonkal dung yop makgi
5	To A (RA)	<b>Middle side front snap kick</b> Kaunde yobap cha busigi
6	To A (RLA)	<b>Rear foot stance middle upward palm block</b> Dwitbal so kaunde ollyo sonbadak makgi
7	To D (LD)	<b>L-stance middle knife hand guarding block</b> Niunji so kaunde sonkal daebi makgi
8	To D (LD)	<b>Walking stance high reverse upper elbow strike</b> Gunnun so nopunde bandae wi palkup taerigi
9	To D (RD)	<b>L-stance middle knife hand guarding block</b> Niunji so kaunde sonkal daebi makgi
10	To D (RD)	<b>Walking stance high reverse upper elbow strike</b> Gunnun so nopunde bandae wi palkup taerigi
11	To D (LD)	<b>Walking stance high twin vertical fore fist punch</b> Gunnun so nopunde sang sewo ap joomuk jirugi
12	To D (RD)	<b>Walking stance middle twin upset fore fist punch</b> Gunnun so kaunde sang dwijibo ap joomuk jirugi
13	To C (LC)	<b>Walking stance X-fist rising block</b> Gunnun so kyochoa-joomuk chookyo makgi
14	To E (LE)	<b>L-stance high reverse back fist side strike</b> Niunji so nopunde bandae dung joomuk yop taerigi
15	To E (LE)	<b>Release from a grab</b> Jappyosul Tae
16	To E	<b>Walking stance high reverse fore fist front punch</b> Gunnun so nopunde bandae ap joomuk ap jirugi
17	To F (LRE)	<b>L-stance high reverse back fist side strike</b> Niunji so nopunde bandae dung joomuk yop taerigi
18	To F (RF)	<b>Release from a grab</b> Jappyosul Tae
19	To F	<b>Walking stance high reverse fore fist front punch</b> Gunnun so nopunde bandae ap joomuk ap jirugi
20	To C (RELC)	<b>Walking stance high double forearm block</b> Gunnun so nopunde doo palmok makgi

- 21 To C (LC) **L-stance middle reverse fore fist punch**  
Niunji so kaunde bandae ap joomuk jirugi
- 22 To C (RC) **Middle side piercing kick**  
Kaunde yop cha jirugi
- 23 To C (RC) **Walking stance high double forearm block**  
Gunnun so nopunde doo palmok makgi
- 24 To C (RC) **L-stance middle reverse fore fist punch**  
Niunji so kaunde bandae ap joomuk jirugi
- 25 To C (LC) **Middle side piercing kick**  
Kaunde yop cha jirugi
- 26 To C (LC) **L-stance middle forearm guarding block**  
Niunji so kaunde palmok daebi makgi
- 27 To C (LC) **Low stance palm pressing block**  
Nachuo so sonbadak noollo makgi
- 28 To C (RC) **L-stance middle forearm guarding block**  
Niunji so kaunde palmok daebi makgi
- 29 To C (RC) **Low stance palm pressing block**  
Nachuo so sonbadak noollo makgi
- 30 To A (LC) **Closed stance middle fore fist angle punch**  
Moa so kaunde ap joomuk giokja jirugi
- 31 To A (RA) **Fixed stance U-shaped block**  
Gojung so digutja makgi
- 32 To B (RLB) **Fixed stance U-shaped block**  
Gojung so digutja makgi

**End – Bring the left foot back to the ready posture**

## TOI-GYE HYUNG

This pattern is performed at 3<sup>rd</sup> Gup level  
 Ready posture – Closed ready stance B  
 Moa junbi sogi B



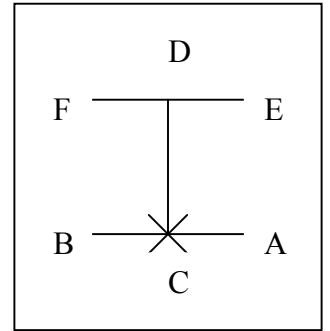
No.	Movement	Technique
1	To B (LB)	<b>L-stance middle inner forearm side block</b> Niunji so kaunde an palmok yop makgi
2	To B (LB)	<b>Walking stance low upset fingertip thrust</b> Gunnun so najunde dwijibo sonkut tulgi
3	To D (LA)	<b>Closed stance high back fist side back strike</b> Moa so nopunde dung joomuk yopdwi taerigi
4	To A (RA)	<b>L-stance middle inner forearm side block</b> Niunji so kaunde an palmok yop makgi
5	To A (RA)	<b>Walking stance low upset fingertip thrust</b> Gunnun so najunde dwijibo sonkut tulgi
6	To D (RB)	<b>Closed stance high back fist side back strike</b> Moa so nopunde dung joomuk yopdwi taerigi
7	To D (LD)	<b>Walking stance X-fist pressing block</b> Gunnun so kyocha joomuk noollo makgi
8	To D	<b>Walking stance high twin vertical fore fist punch</b> Gunnun so nopunde sang sewo ap joomuk jirugi
9	To D (RD)	<b>Middle front snap kick</b> Kaunde ap cha busigi
10	To D (RD)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap makgi
11	To D	<b>Walking stance middle reverse fore fist front punch</b> Gunnun so kaunde bandae ap joomuk ap makgi
12	To F (LD)	<b>Closed stance middle twin side elbow thrust</b> Moa so kaunde sang yop palkup tulgi
13	To F (RF)	<b>Sitting stance outer forearm w-shaped block</b> Annun so bakat palmok san makgi
14	To F (LF)	<b>Sitting stance outer forearm w-shaped block</b> Annun so bakat palmok san makgi
15	To E (LE)	<b>Sitting stance outer forearm w-shaped block</b> Annun so bakat palmok san makgi
16	To E (RE)	<b>Sitting stance outer forearm w-shaped block</b> Annun so bakat palmok san makgi
17	To E (LE)	<b>Sitting stance outer forearm w-shaped block</b> Annun so bakat palmok san makgi
18	To F (LF)	<b>Sitting stance outer forearm w-shaped block</b> Annun so bakat palmok san makgi
19	To D (RFLD)	<b>L-stance low double forearm pushing block</b> Niunji so najunde doo palmok miro makgi
20	To D (LD)	<b>Walking stance (extending both hands upwards)</b> Gunnun sogi
21	To D (RD)	<b>Upward knee kick</b> Ollyo moorup chagi

- 22 To C (LC) **L-stance middle knife-hand guarding block**  
Niunji so kaunde sonkal daebi makgi
- 23 To C (LC) **Middle side front snap kick**  
Kaunde yobap cha busigi
- 24 To C (LC) **Walking stance high obverse flat fingertip thrust**  
Gunnun so nopunde baro opun sonkut tulgi
- 25 To C (RC) **L-stance middle knife-hand guarding block**  
Niunji so kaunde sonkal daebi makgi
- 26 To C (RC) **Middle side front snap kick**  
Kaunde yobap cha busigi
- 27 To C (RC) **Walking stance high obverse flat fingertip thrust**  
Gunnun so nopunde baro opun sonkut tulgi
- 28 To C (RD) **L-stance high back fist side back strike low outer forearm block**  
Niunji so nopunde dung joomuk yopdwi taerigi najunde bakat palmok makgi
- 29 To C (RLC) **X-stance X fist pressing block**  
Kyocha so kyocha joomuk noollo makgi
- 30 To C (RC) **Walking stance high double forearm block**  
Gunnun so nopunde doo palmok makgi
- 31 To B (LB) **L-stance low knife hand guarding block**  
Niunji so najunde sonkal daebi makgi
- 32 To B (LB) **Walking stance middle inner forearm circular block**  
Gunnun so kaunde an palmok dolli myo makgi
- 33 To A (LRA) **L-stance low knife hand guarding block**  
Niunji so najunde sonkal daebi makgi
- 34 To A (RA) **Walking stance middle inner forearm circular block**  
Gunnun so kaunde an palmok dolli myo makgi
- 35 To B **Walking stance middle inner forearm circular block**  
Gunnun so kaunde an palmok dolli myo makgi
- 36 To A **Walking stance middle inner forearm circular block**  
Gunnun so kaunde an palmok dolli myo makgi
- 37 To D (RA) **Sitting stance middle fore fist front punch**  
Annun so kaunde ap joomuk ap jirugi

**End – Bring the right foot back to the ready posture**

## HWA-RANG HYUNG

This pattern is performed at 2<sup>nd</sup> Gup level  
 Ready posture – Closed ready stance C  
 Moya junbi sogi C



No.	Movement	Technique
1	To D (LB)	<b>Sitting stance middle side front palm pushing block</b> Annun so kaunde yobap sonbadak miro makgi
2	To D	<b>Sitting stance middle fore fist front punch</b> Annun so kaunde ap joomuk ap jirugi
3	To D	<b>Sitting stance middle fore fist front punch</b> Annun so kaunde ap joomuk ap jirugi
4	To A (RA)	<b>L-stance twin forearm block</b> Niunji so sang palmok makgi
5	To A	<b>L-stance high upward fore fist punch</b> Niunji so nopunde ollyo ap joomuk jirugi
6	To A (RLA)	<b>Fixed stance middle obverse fore fist punch</b> Gojung so kaunde baro ap joomuk jirugi
7	To A (RB)	<b>Vertical stance downward knife-hand strike</b> Sujik so naeryo sonkal taerigi
8	To A (LA)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
9	To D (LD)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
10	To D (RD)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
11	To D (LD)	<b>Draw the left foot to the right</b> <b>Clasp the right fist with the left palm</b>
12	To D (RD)	<b>Middle side piercing kick</b> Kaunde yop cha jirugi
	To D (RD)	<b>L-stance middle knife-hand side strike</b> Niunji so kaunde sonkal yop makgi
13	To D (LD)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
14	To D (RD)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk ap jirugi
15	To E (LE)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
16	To E (RE)	<b>Walking stance middle straight fingertip thrust</b> Gunnun so kaunde sun sonkut tulgi
17	To F (LF)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
18	To F (RF)	<b>High turning kick</b> Nopunde dollyo chagi
19	To F (LF)	<b>High turning kick</b> Nopunde dollyo chagi
	To F (LF)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
20	To C (LC)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi

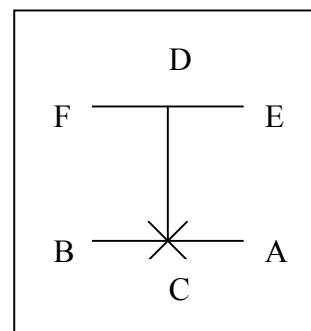


- 21 To C (LC) **L-Stance middle obverse fore fist front punch**  
Niunji so kaunde baro ap joomuk ap jirugi
- 22 To C (RC) **L-Stance middle obverse fore fist front punch**  
Niunji so kaunde baro ap joomuk ap jirugi
- 23 To C (LC) **L-Stance middle obverse fore fist front punch**  
Niunji so kaunde baro ap joomuk ap jirugi
- 24 To C (LC) **Walking stance low X-fist pressing block**  
Gunnun so najunde kyocha joomuk noollo makgi
- 25 To C (RC) **L-stance middle obverse back elbow thrust**  
Niunji so kaunde baro dwit palkup tulgi
- 26 To B (LC) **Closed stance high inner forearm side front block**  
Moa so nopunde an palmok yobap makgi
- 27 To B **Closed stance high inner forearm side front block**  
Moa so nopunde an palmok yobap makgi
- 28 To B (LB) **L-stance middle knife-hand guarding block**  
Niunji so kaunde sonkal daebi makgi
- 29 To A (LRA) **L-stance middle knife-hand guarding block**  
Niunji so kaunde sonkal daebi makgi

**End – Bring the right foot back to the ready posture.**

## CHOONG-MOO HYUNG

This pattern is performed at 1<sup>st</sup> Gup level  
 Ready posture – Parallel ready stance  
 Narani junbi sogi



No.	Movement	Technique
1	To B (LB)	<b>L-stance twin knife-hand block</b> Niunji so sang sonkal makgi
2	To B (RB)	<b>Walking stance high obverse front knife-hand strike</b> Gunnun so nopunde baro ap sonkal taerigi
3	To A (RA)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
4	To A (LA)	<b>Walking stance high obverse flat fingertip thrust</b> Gunnun so nopunde baro opun sonkut tulgi
5	To D (LD)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
6	To C (RD)	<b>Bending ready stance A</b> Guburyo junbi sogi A
7	To C (RC)	<b>Middle side piercing kick</b> Kaunde yop cha busigi
8	To D (RC)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
9	To D (RD)	<b>Flying side piercing kick</b> Twimyo yop cha jirugi
	To D (LRD)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
10	To E (LE)	<b>L-stance low reverse outer forearm block</b> Niunji so najunde bandae bakat palmok makgi
11	To E (LE)	<b>Walking stance (extending both hands upwards)</b> Gunnun sogi
12	To E (RE)	<b>Upward knee kick</b> Ollyo moorup chagi
13	To F (LF)	<b>Walking stance high reverse knife-hand front strike</b> Gunnun so nopunde sonkal dung ap taerigi
14	To F (RF)	<b>High turning kick</b> Nopunde dollyo chagi
15	To F (LF)	<b>Middle back piercing kick</b> Kaunde dwit cha jirugi
	To E (LF)	<b>L-stance middle forearm guarding block</b> Niunji so kaunde palmok daebi makgi
16	To E (LE)	<b>Middle turning kick</b> Kaunde dollyo chagi
17	To C (RC)	<b>Fixed stance U-shaped block</b> Gojung so digutja makgi
18	To C	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
19	To C (LC)	<b>Walking stance low upset fingertip thrust</b> Gunnun so najunde dwijibo sonkut tulgi

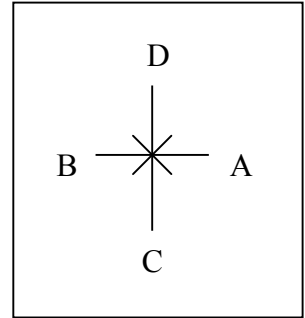
- 20 To C (LC) **L-stance high back fist side back strike low outer forearm block**  
Niunji so nopunde dung joomuk yopdwi taerigi najunde bakat palmok makgi
- 21 To C (RC) **Walking stance middle straight fingertip thrust**  
Gunnun so kaunde sun sonkut tulgi
- 22 To B (LB) **Walking stance high double forearm block**  
Gunnun so nopunde doo palmok makgi
- 23 To C (RB) **Sitting stance middle outer forearm front block**  
Annun so kaunde bakat palmok ap makgi
- 24 To B **Sitting stance high back fist side strike**  
Annun so nopunde dung joomuk yop taerigi
- 25 To A (RA) **Middle side piercing kick**  
Kaunde yop cha jirugi
- 26 To A (LA) **Middle side piercing kick**  
Kaunde yop cha jirugi
- 27 To B (LARB) **L-stance middle X-knife-hand checking block**  
Niunji so kaunde kyocha sonkal momchua makgi
- 28 To B (LB) **Walking stance middle twin upward palm block**  
Gunnun so kaunde sang ollyo sonbadak makgi
- 29 To A (RA) **Walking stance high obverse outer forearm rising block**  
Gunnun so nopunde baro bakat palmok chookyo makgi
- 30 To A **Walking stance middle reverse fore fist front punch**  
Gunnun so kaunde bandae ap joomuk ap jirugi

**End – Bring the left foot back to the ready posture**

## JEE-SANG HYUNG

This pattern is performed at 9<sup>th</sup> Gup level.

Ready posture – Parallel ready stance  
Narani junbi sogi



No.	Movement	Techniques
1	To B (LB)	<b>Walking stance low obverse knife-hand block</b> Gunnun so najunde baro sonkal makgi
2	To B (RB)	<b>Walking stance middle obverse inner forearm block</b> Gunnun so kaunde baro an palmok makgi
3	To A (RA)	<b>Walking stance low obverse knife-hand block</b> Gunnun so najunde baro sonkal makgi
4	To A (LA)	<b>Walking stance middle obverse inner forearm block</b> Gunnun so kaunde baro an palmok makgi
5	To D (LD)	<b>Walking stance low obverse knife-hand block</b> Gunnun so najunde baro sonkal makgi
6	To D (RD)	<b>Walking stance middle inner forearm obverse block</b> Gunnun so kaunde baro an palmok makgi
7	To C (RC)	<b>Walking stance low obverse knife-hand block</b> Gunnun so najunde baro sonkal makgi
8	To C (LC)	<b>Walking stance middle obverse inner forearm block</b> Gunnun so kaunde baro an palmok makgi
9	To A (LA)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
10	To A (RA)	<b>L-stance middle knife-hand side block</b> Niunji so kaunde sonkal yop makgi
11	To B (RB)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
12	To B (LB)	<b>L-stance middle knife-hand side block</b> Niunji so kaunde sonkal yop makgi
13	To C (LC)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
14	To C (RC)	<b>L-stance middle knife-hand side block</b> Niunji so kaunde sonkal yop makgi
15	To D (RD)	<b>Walking stance low obverse outer forearm block</b> Gunnun so najunde baro bakat palmok makgi
16	To D (LD)	<b>L-stance middle knife-hand side block</b> Niunji so kaunde sonkal yop makgi
17	To D (RD)	<b>High front rising kick</b> Nopunde ap cha olligi
18	To D (RD)	<b>Walking stance middle obverse inner forearm block</b> Gunnun so kaunde baro an palmok makgi
19	To D (LD)	<b>Middle side piercing kick</b> Kaunde yop cha jirugi
20	To D (LD)	<b>Walking stance high reverse fore fist front punch</b> Gunnun so nopunde bandae ap joomuk ap jirugi
21	To D (LC)	<b>Low front snap kick</b> Najunde ap cha busigi
22	To D (LC)	<b>Walking stance high obverse outer forearm side block</b> Gunnun so nopunde baro bakat palmok yop makgi

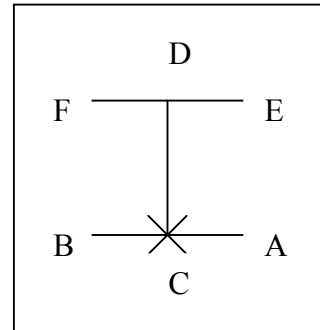
- 23 To D (RC) Middle side piercing kick**  
Kaunde yop cha jirugi
- 24 To D (RC) Walking stance middle reverse fore fist front punch**  
Gunnun so kaunde bandae ap joomuk ap jirugi

**End – Bring the left foot back to the ready posture**

## DHAN-GOON HYUNG

This pattern is performed at 8<sup>th</sup> Gup level.

Ready posture – Parallel ready stance  
Narani junbi sogi



No.	Movement	Technique
1	To B (LB)	<b>L-stance middle inner forearm side block</b> Niunji so kaunde an palmok yop makgi
2	To B (RB)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk jirugi
3	To A (RA)	<b>L-stance middle inner forearm side block</b> Niunji so kaunde an palmok yop makgi
4	To A (LA)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk jirugi
5	To D (LD)	<b>Walking stance low obverse outer forearm block</b> Gunnun So najunde baro bakat palmok makgi
6	To D (RD)	<b>Middle front snap kick</b> Kaunde ap cha busigi
	To D (LD)	<b>Middle front snap kick</b> Kaunde ap cha busigi
	To D (RD)	<b>Middle side piercing kick</b> Kaunde yop cha jirugi
7	To D (RD)	<b>L-stance middle reverse knife-hand side strike</b> Niunji so kaunde bandae sonkal yop taerigi
8	To E (LE)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
9	To E (RE)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk jirugi
10	To F (RF)	<b>L-stance middle knife-hand guarding block</b> Niunji so kaunde sonkal daebi makgi
11	To F (LF)	<b>Walking stance middle obverse fore fist front punch</b> Gunnun so kaunde baro ap joomuk jirugi
12	To C (LC)	<b>Walking stance high obverse inner forearm side block</b> Gunnun so nopunde baro an palmok yop makgi
13	To C	<b>Walking stance high reverse fore fist front punch</b> Gunnun so nopunde bandae ap joomuk ap jirugi
14	To C (RC)	<b>L-stance twin forearm block</b> Niunji so sang palmok makgi
15	To C (RC)	<b>High hook kick</b> Nopunde dollyo gorro chagi
16	To C (RC)	<b>Walking stance high reverse fore fist front punch</b> Gunnun so nopunde bandae ap joomuk ap jirugi
17	To C (LC)	<b>Bending ready stance A</b> Guburyo junbi sogi A
	To C (LC)	<b>Middle side piercing kick</b> Kaunde yop cha jirugi
18	To A (RA)	<b>L-stance middle forearm guarding block</b> Niunji so kaunde palmok daebi makgi
19	To A (LA)	<b>High turning kick</b> Nopunde dollyo chagi

- 20 To A (LA) **Walking stance high reverse fore fist front punch**  
Gunnun so nopunde bandae ap joomuk ap jirugi
- 21 To B (LB) **L-stance middle forearm guarding block**  
Niunji so kaunde palmok daebi makgi
- 22 To B (RB) **High turning kick**  
Nopunde dollyo chagi
- 23 To B (RB) **Walking stance high reverse fore fist front punch**  
Gunnun so nopunde bandae ap joomuk ap jirugi

**End – Bring the right foot back to the ready posture**